

Pilates Mat Class



Pilates Mat Classes at Greystone Recreation Center

In this mat based program, consisting of stretching and strengthening exercises, our instructor will lead you through a series of moves that target your postural and core muscles while utilizing the weight of your own body to create amazing toning, strengthening, and shaping results.

Class Day and Time:

Mondays and Wednesdays from 11:45am-12:45pm

Session Dates, Cost, and Barcodes:

January 23-30	\$30.00	#141460
February 4-27	\$80.00	#141457
March 4-27	\$80.00	#141458
April 8- May 1	\$80.00	#141459

Location: Greystone Recreation Center
7713-55 Lead Mine Rd
Raleigh, NC 27615
(919) 996-4848

Registration:

Please register via Reclink at www.raleighnc.gov keyword search "Reclink" or at your local Raleigh Parks and Recreation Center.

